

The original documents are located in Box 7, folder “11/5/75 - YMCA International Fair” of the Sheila Weidenfeld Files at the Gerald R. Ford Presidential Library.

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THE WHITE HOUSE

WASHINGTON

November 3, 1975

MEMORANDUM TO: PETER SORUM
FROM: SUSAN PORTER
SUBJECT: Action Memo

Mrs. Ford has accepted the following out-of-house invitation:

EVENT: International Fair

GROUP: Young Women's Christian Association of the National
Capital Area

DATE: Tuesday, November 11, 1975

TIME: To be determined:
Greeting the Ambassador's wives begins at 10:00 a.m.
Officially opening the Fair is at 11:00 a.m.

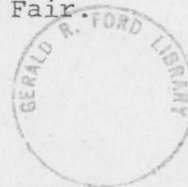
PLACE: Sheraton Park Hotel, Washington D.C.

CONTACT: Mrs. Francis B. Sayre, Jr., 966-6659
Mrs. J. Randolph Simpson is President of the D.C. Y.W.C.A.

COMMENTS: Mrs. Ford will participate in the opening of the 1975 Y.W.C.A. International Fair on November 11th at the Sheraton Park. At this occasion, the Y.W.C.A. of the metropolitan Washington area joins with Embassy wives to help support the work of the World Y.W.C.A. in 82 countries. The proceeds of the Fair go to the Y.W.C.A. World Mutual Service Fund for special program assistance where most needed. Mrs. Ford had accepted this invitation last year but was unable to attend.

Mrs. Ford will attend as guest of honor which they envision as participating in greeting the wives from nations with Y.W.C.As., touring the booths, and officially opening the Fair. The file is attached. Thank you.

c: BF Staff
Red Cavaney
William Nicholson
Rex Scouten
Staircase



June 5, 1975

- TUES, NOV. 11

- 10/11:00 AM

- SHERATON PARK

- OPEN FAIR

✓ noted on working calendar

Dear Mrs. Simpson,

Your gracious letter to Mrs. Ford inviting her to be the Guest of Honor at the YWCA International Fair is greatly appreciated. Although the official schedule is planned only a few weeks in advance, we would be happy to keep your cordial invitation in mind. May we be in communication with you closer to the date?

YES NO
B.F.

With gratitude and warmest best wishes,

Sincerely,

1/s/ Sally Runion for

Susan Porter
Appointments Secretary
for Mrs. Ford

Accepted by phone 8 Mrs. Sawyer - 966-6659 2.P.

Mrs. J. Randolph Simpson
President
Young Women's Christian Association
of the National Capital Area
1649 K Street, Northwest
Washington, D. C. 20006

SP/SL

c: ✓ BF Pending To Consider (November 11th)



June 5, 1975

Dear Mrs. Sayre,

Your gracious letter to Mrs. Ford endorsing the cordial invitation to her to attend the Y.W.C.A. International Fair on Tuesday, November 11th is greatly appreciated. You were also most kind to enclose the photographs of the 1974 Fair. Although Mrs. Ford's personal and official commitments for November have not yet been fully determined, the kind invitation to be guest of honor at the 1975 Fair will indeed be kept in mind. As soon as Mrs. Ford's calendar is determined, we will be in communication with you.

With warmest best wishes,

Sincerely,

1st Sally Runion for

Susan Porter
Appointments Secretary
for Mrs. Ford

Mrs. Francis B. Sayre, Jr.
The Deanery
Mount Saint Alban
Washington, D. C. 20016

SP/SA

c: ✓ VSF Pending to Consider (November 11)





REGRET
CONSIDER X
CLOSER TO
DATE

What is her
schedule
Will do if in
Town

Young Women's
Christian
Association
of the National
Capital Area

Association Headquarters
1649 K Street, N. W. 20006
638-2100

District of Columbia
1649 K Street, N. W. 20006
638-2100

Phyllis Wheatley
901 Rhode Island Ave., N. W. 20001
667-9100

Fairfax County
Wolftrap & Gallows Roads
P. O. Box 86
Dunn Loring, Virginia 22027
560-1111

Montgomery County
2701 Bel Pre Road
Silver Spring, Maryland 20906
460-3900

Lee-Mt. Vernon Center
Mount Vernon, Virginia 22121
765-2385

Hannah Harrison Career School
4470 MacArthur Boulevard, N. W.
Washington, D. C. 20007
333-3500

President
Mrs. Peggy Simpson

Vice President
Miss B. Jane Baldwin

Vice President
Mrs. Marion H. Jackson

Vice President
Mrs. Regina Saxton

Vice President
Mrs. Judith Claytor Williams

Recording Secretary
Mrs. Betty Morehouse

Assistant Secretary
Miss Gwendolyn Wong

Corresponding Secretary
Mrs. Virginia Foster

Treasurer
Mrs. LaVerne Vines Collins

Assistant Treasurer
Miss Brin Hawkins

Executive Director
Miss Mildred L. Savacool

5-16

May 16, 1975

Mrs. Gerald R. Ford
The White House
Washington, D.C. 20500

TUESDAY
Nov. 11, 1975

My dear Mrs. Ford:

The YWCA International Fair will be held this year at the Sheraton Park Hotel on Tuesday, November 11, 1975. Mrs. Francis B. Sayre, Jr. is the chairman of this event in which the YWCA in Metropolitan Washington joins with Embassy wives to help support the work of the World YWCA in 82 countries. The YWCA World Mutual Service Fund to which Fair proceeds go, is the channel for special program assistance where most needed.

In this International Women's Year and as the YWCA continues to work toward solution of world wide concerns of women - hunger, education, population, women's rights, racial justice and health - we are particularly aware of the importance of the contribution the International Fair 1975 must make if these concerns are to be met responsibly.

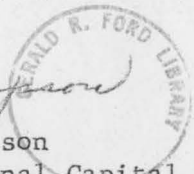
We so regretted that the pressure of your schedule did not permit you to be with us to open the Fair last fall but are very hopeful that it may be possible for you to be our Guest of Honor this year, greeting the Ambassadors wives from countries with YWCAs at 10:00 a.m., touring the booths and officially opening the Fair at 11:00 a.m. Mrs. Sayre is also sending you her personal note of invitation.

We hope very much that you can honor us with your presence.

Very sincerely yours,

Peggy Simpson

Mrs. J. Randolph Simpson
President, YWCA National Capital Area



PS/jlh

... in the
struggle
for peace
and justice
freedom
and dignity
for all
people



YWCA
INTERNATIONAL
FAIR
OFFICIAL

PRESS

Patti

THE WHITE HOUSE

WASHINGTON

November 5, 1975

MEMORANDUM FOR: MRS. FORD

VIA: RED CAVANEY *RC*

FROM: PETER SORUM *PS*

SUBJECT: YOUR ATTENDANCE AT THE
 YWCA INTERNATIONAL FAIR
 Sheraton Park Hotel
 November 11, 1975

Attached at TAB A is the proposed schedule for the subject event.

APPROVE _____ DISAPPROVE _____

BACKGROUND

The 26th Annual International Fair of the Metropolitan YWCA features booths sponsored by 23 Embassies, entertainment, and foods of many lands. Proceeds are used to support and expand the activities of the YWCA. You will greet the wives of the Ambassadors represented and officers of the YWCA before touring the Fair. You will cut the ribbon officially opening the Fair to the public before departing.



why keep gloves on

11/5/75
9:00 am

PROPOSED SCHEDULE

MRS. FORD'S ATTENDANCE AT THE
YWCA INTERNATIONAL FAIR

Sheraton Park Hotel
November 11, 1975

9:45 am Mrs. Ford boards motorcade on South Grounds.

MOTORCADE DEPARTS South Ground en route
Sheraton Park Hotel.

[Driving time: 15 minutes]

10:00 am MOTORCADE ARRIVES Sheraton Park Hotel.

Mrs. Ford will be met by:
Mr. J. Randolph (Peggy) Simpson
President, Metropolitan YWCA

Mrs. Ford, escorted by Mrs. Simpson, proceeds
to Richmond Room on the Ballroom Floor.

10:05 am Mrs. Ford arrives Richmond Room.

PRESS POOL COVERAGE

Mrs. Ford will be met by:
Mrs. Milton (Francis) Stickles,
President, D. C. YWCA
Mrs. Francis (Harriett) Sayre,
Chairman, YWCA International Fair
Dr. Rosalind Epps, Vice-Chairman,
YWCA International Fair - *Pediatrician*

Mrs. Ford, escorted by Dr. Epps, greets reception
guests which include YWCA officers and wives of
Ambassadors of 23 participating Embassies.



10:20 am Mrs. Ford, escorted by Mrs. Sayre, departs Richmond Room en route Sheraton Hall.

10:25 am Mrs. Ford arrives Sheraton Hall and proceeds on tour of International Fair booths.

OPEN PRESS COVERAGE

10:55 am Mrs. Ford, escorted by Mrs. Sayre, concludes tour and proceeds to ribbon cutting ceremony area.

10:59 am Mrs. Ford cuts ribbon officially opening YWCA International Fair.

OPEN PRESS COVERAGE

11:00 am Mrs. Ford, escorted by Mrs. Stickles, departs ceremony area en route motorcade for boarding.

11:10 am MOTORCADE DEPARTS Sheraton Park Hotel en route South Grounds.

[Driving time: 15 minutes]

11:25 am MOTORCADE ARRIVES South Grounds.

Sweden - got gift -

Turkey - 10 21

Chile - travel booklets on Chile

Japan - ~~small vase with flowers~~

Argentina - A ~~water~~ ~~mark~~

where ~~gustav's death~~ 9
kind of ke - moments



Pakistan - 5 -

Indonesia - 8 ft

Philippines

China

/// Sri Lanka / Bogo

OPEN PRESS COVERAGE

11:00 am Mrs. Ford, escorted by Mrs. Stiklos, departs ceremony area en route motorcade for boarding.

11:10 am MOTORCADE DEPARTS Sheraton Park Hotel en route South Grounds.

[Driving time: 15 minutes]

11:25 am MOTORCADE ARRIVES South Grounds.

Sweden - got 6 ft -

Turkey - 10 ft

Chile - formal handshake on the

~~Japan - small wave with hand~~

Argentina - A ~~hand~~

hand of the - hand
where picture, back P



FOR IMMEDIATE RELEASE

Monday, November 10, 1975

THE WHITE HOUSE
Office of the Press Secretary to Mrs. Ford

Mrs. Ford will participate in the opening ceremony and ribbon cutting of the 26th Annual Young Women's Christian Association International Fair at the Sheraton Park Hotel, November 11 at 10:AM. *Allen. Ford will be met*

5:45 Mrs. Ford will ~~first~~ *then* greet the embassy wives at a reception in the Richmond Room and ~~then~~ *then* proceed to the Sheraton Hall to tour the booths and cut the ribbon *commencing* opening the 26th International Fair.

The proceeds from the YWCA of the National Capital Area sponsored one-day fair will be pledged to support the World Mutual Service Fund ~~to help in the~~ expansion of the YWCAs activities throughout the world. This year's theme is "Women Helping Women." Embassies with YWCAs in their home countries participate in the fair. *in helping expand*

The fair will feature booths, selling an array of handicrafts from more than two-dozen foreign countries. There will also be an international fashion show, with embassy members modeling both traditional and modern dress of the countries they represent.

#

Full Press Coverage: If transportation is needed, please contact Mrs. Ford's Press Office, 456-2164



For Immediate Release

Monday, November 10, 1975

THE WHITE HOUSE
Office of the Press Secretary to Mrs. Ford

Mrs. Ford will participate in the opening ceremony and ribbon cutting of the 26th Annual Young Women's Christian Association International Fair at the Sheraton Park Hotel, November 11 at 10:00 AM.

Mrs. Ford will be met by Mrs. J. Randolph (Peggy) Simpson, President, Metropolitan YWCA; Mrs. Milton (Francis) Stickles, President, D. C. YWCA; Mrs. Francis (Harriett) Sayre, Chairman, YWCA International Fair; and Dr. Rosalind Epps, Vice-Chairman, YWCA International Fair. Mrs. Ford will then greet the embassy wives at a reception in the Richmond Room and proceed to the Sheraton Hall to tour the booths and cut the ribbon commencing the 26th International Fair.

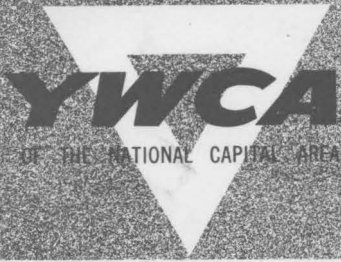
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• # # # #

Full Press Coverage





RELEASE

THE YOUNG WOMEN'S CHRISTIAN ASSOCIATION ♦ 1649 K STREET, N.W. ♦ WASHINGTON, D. C. 20006 ♦ ME 8-2100

FOR IMMEDIATE RELEASE
through November 11, 1975

RADIO & TV SPOTS
30 seconds

----- FIRST LADY BETTY FORD WILL BE GUEST OF HONOR AT THE YWCA INTERNATIONAL FAIR ON NOVEMBER 11 AT THE SHERATON PARK HOTEL IN WASHINGTON, D. C. WIVES OF FOREIGN DIGNITARIES FROM MORE THAN TWO DOZEN NATIONS WILL BE PRESENT AT THE 26TH ANNUAL FAIR, THE LARGEST ONE-DAY BAZAAR IN THE WASHINGTON AREA. FEATURED AT THE FAIR WILL BE BOOTHS SELLING AN ARRAY OF HANDICRAFTS FROM AROUND THE WORLD. INTERNATIONAL SINGERS AND DANCERS, AS WELL AS THE D. C. YOUTH DANCE ENSEMBLE OF THE GREATER WASHINGTON METROPOLITAN AREA, AND A FASHION SHOW WITH COSTUMES FROM MANY NATIONS WILL BE FEATURED ENTERTAINMENT. TICKETS FOR THE FAIR, WHICH RUNS FROM 11:00 A. M. UNTIL 4:00 P. M., MAY BE PURCHASED AT THE DOOR FOR \$1.50 EACH, 50 CENTS FOR CHILDREN UNDER TWELVE. PROCEEDS FROM THE FAIR GO TO SUPPORT THE YWCA WORLD MUTUAL SERVICE.





RELEASE

THE YOUNG WOMEN'S CHRISTIAN ASSOCIATION ♦ 1649 K STREET, N.W. ♦ WASHINGTON, D. C. 20006 ♦ ME 8-2100

FOR IMMEDIATE RELEASE
through November 11, 1975

RADIO & TV SPOTS
30 seconds

WHERE CAN YOU GET ICELANDIC PANCAKES, FILLED WITH WHIPPED CREAM AND JAM, FRESH FROM THE ICELANDIC EMBASSY? HAND-EMBROIDERED PURSES, CLOTHING, LEATHERCRAFTS, BRASSWARE, CHINA, AND HAND-CRAFTED JEWELRY FROM AROUND THE WORLD? AT THE YWCA 26TH ANNUAL INTERNATIONAL FAIR. ON NOVEMBER 11, FROM 11:00 A.M. UNTIL 4 P.M. THE SHERATON PARK HOTEL IN WASHINGTON, D. C. WILL BE THE SCENE FOR BOOTHS AND ACTIVITIES FROM MORE THAN TWO DOZEN NATIONS. AN INTERNATIONAL FASHION SHOW, MUSICIANS AND DANCERS IN COSTUMES OF THEIR NATIVE LANDS, AND THE D. C. YOUTH DANCE ENSEMBLE WILL BE FEATURED ENTERTAINMENT AT THE METRO AREA'S LARGEST ONE-DAY FAIR. TICKETS MAY BE PURCHASED AT THE DOOR FOR \$1.50 EACH, 50 CENTS FOR CHILDREN UNDER TWELVE. PROCEEDS FROM THE FAIR GO TO THE SUPPORT OF THE YWCA WORLD MUTUAL SERVICE.



RELEASE

THE YOUNG WOMEN'S CHRISTIAN ASSOCIATION ♦ 1649 K STREET, N.W. ♦ WASHINGTON, D. C. 20006 ♦ ME 8-2100

FOR IMMEDIATE RELEASE
through November 11, 1975

YWCA INTERNATIONAL FAIR

First Lady Betty Ford will be the guest of honor at the 26th annual YWCA International Fair this year. Mrs. Ford will cut the ribbon opening the one-day fair to the public November 11 at 11:00 a.m. at the Sheraton Park Hotel in Washington, D. C. Last year the fair drew a crowd of 5,000, including diplomats, foreign dignitaries and their families, school children and people from all over the country visiting the nation's capital.

The event is Washington's largest one-day fair and is held every year to raise funds to support and expand activities of the YWCAs located throughout the world.

Chairman of this year's event is Mrs. Francis B. Sayre, Jr., wife of the dean of the Washington Cathedral, with Mrs. Milton J. Stickles, Jr. president of the DC Branch of the YWCA of the National Capital Area and volunteers, assisting in production of the fair.

Featured at the fair this year will be booths, manned by embassy members, selling an array of handicrafts from more than two-dozen foreign countries. Hand embroidered clothing, brassware, leather-crafts, china and hand-crafted jewelry will be among goods sold at the booths.



The fair will also feature entertainment, with performances by the D.C. Youth Dance Ensemble of the Greater Washington Metropolitan Area and members of the Christina Heimlich School of International Dance, located in Falls Church, Virginia. Other performers will be costumed dancers and musicians demonstrating folk dances typical of their homeland and playing music popular in their countries.

Guests also will be able to purchase foreign foods at the fair booths, which will provide an extensive sampling of international cuisine. The Icelandic embassy booth will offer a selection of unique delicacies, including whipped-cream and jam-filled pancakes. A recipe and cooking display will also be featured at the Indian embassy booth for those wishing to try their hand at creating typical Eastern dishes, as well as a selection of already-prepared gourmet foods.

Another feature of the fair will be an international fashion show, with embassy members modeling both traditional and modern dress of the countries they represent.

Tickets for the five-hour fair may be purchased at the door for \$1.50 each. Admission price for children under 12 is 50 cents.



RELEASE

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RELEASE

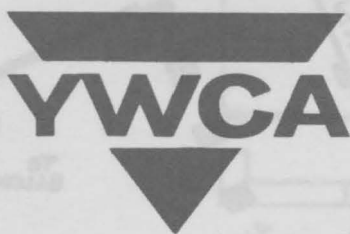
THE YOUNG WOMEN'S CHRISTIAN ASSOCIATION ♦ 1649 K STREET, N.W. ♦ WASHINGTON, D. C. 20006 ♦ ME 8-2100

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INTERNATIONAL FAIR



GUEST OF HONOR
MRS FORD

TUESDAY, NOVEMBER 11

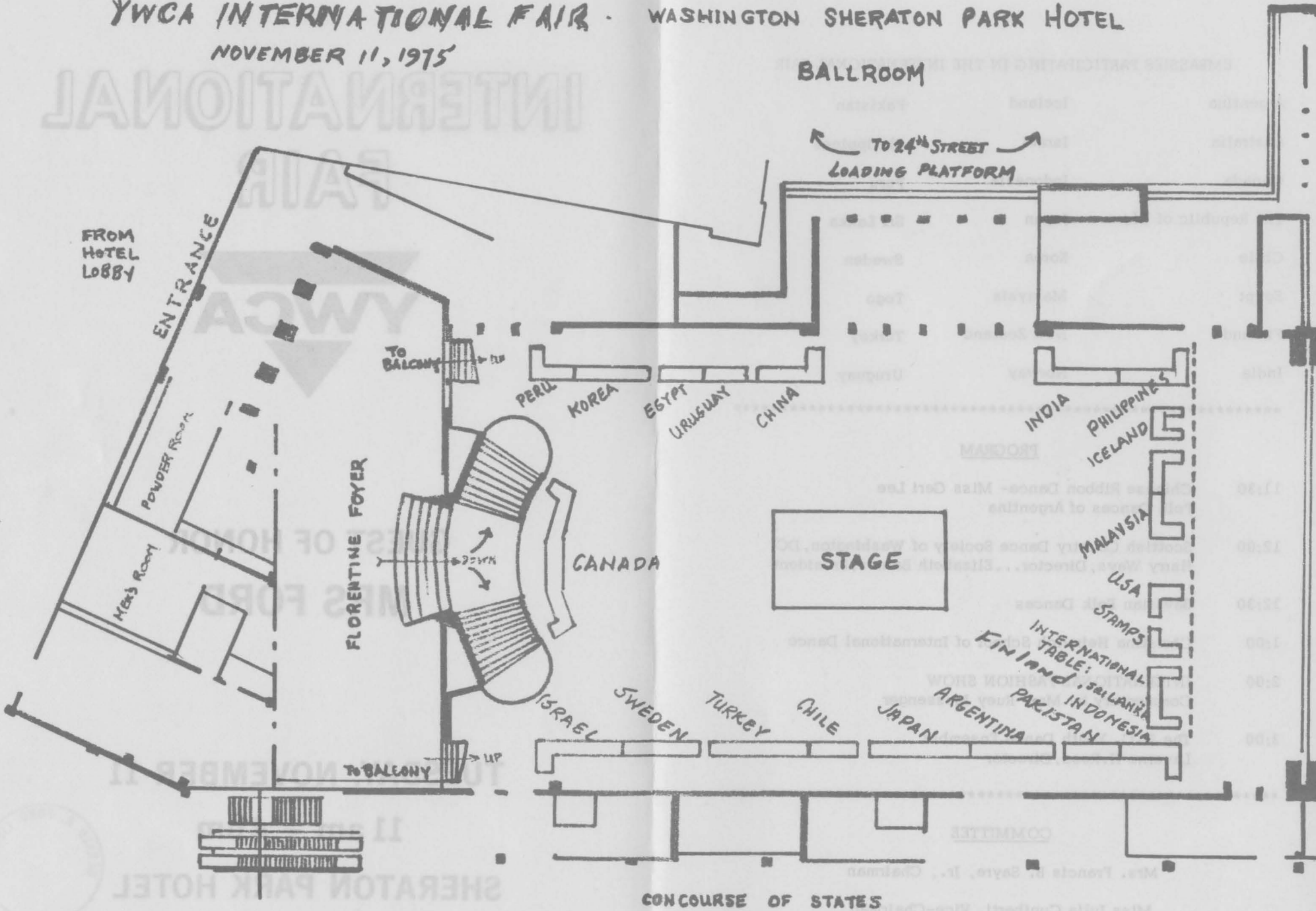
11 am - 4 pm

SHERATON PARK HOTEL



YWCA INTERNATIONAL FAIR - WASHINGTON SHERATON PARK HOTEL

NOVEMBER 11, 1975



SHERATON PARK HOTEL

COMMITTEE

Mrs. Francis M. Gayle, Jr., Chairman

Mrs. Julia Condit, Vice-Chairman

Dr. Rosalyn Lee, Vice-Chairman

Mrs. John Gayle, Vice-Chairman

EMBASSIES PARTICIPATING IN THE INTERNATIONAL FAIR

Argentina	Iceland	Pakistan
Australia	Israel	Philippines
Canada	Indonesia	Peru
The Republic of China	Japan	Sri Lanka
Chile	Korea	Sweden
Egypt	Malaysia	Togo
Finland	New Zealand	Turkey
India	Norway	Uruguay

PROGRAM

11:30	Chinese Ribbon Dance- Miss Geri Lee Folk Dances of Argentina
12:00	Scottish Country Dance Society of Washington, DC Harry Ways, Director... Elizabeth Barnes, President
12:30	Bavarian Folk Dances
1:00	Christina Heimlich School of International Dance
2:00	INTERNATIONAL FASHION SHOW Commentary by Mrs. Ruey Messenger
3:00	The D.C. Youth Dance Ensemble Laverne H. Reed, Director

COMMITTEE

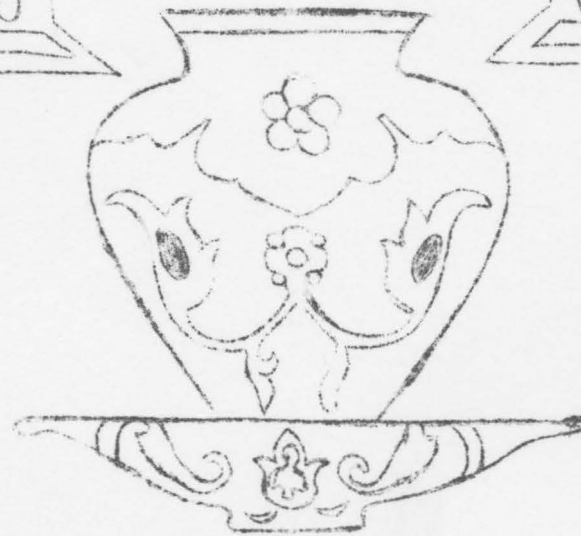
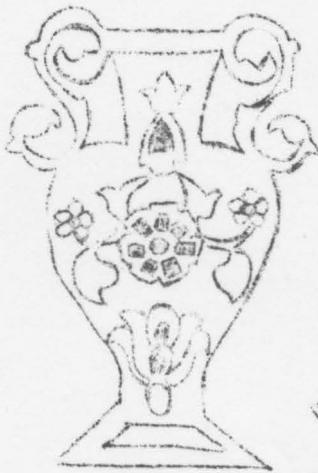
Mrs. Francis B. Sayre, Jr., Chairman

Miss Julia Cuniberti, Vice-Chairman

Dr. Roselyn Epps, Vice-Chairman

Mrs. John Carter Good, Vice-Chairman

pakistani RECIPES



EGGPLANT IN SOUR CREAM (An intriguing side dish)

1 small eggplant	1/4 teaspoon chili powder
1 cup sour cream	1/4 teaspoon garlic salt
3 tablespoons butter	

Cut eggplant into 1/2 inch cubes and saute in melted butter until soft and golden brown. Take off heat. Add chili and garlic salt (to taste) to sour cream and pour over eggplant. Mix well and chill before serving. This dish goes well with almost any Pakistani entree.

KIMA (Ground beef with elan)

1 pound lean ground beef	1/4 teaspoon tumeric
1 large onion chopped	1 teaspoon paprika
1 small can tomatoes	1/4 teaspoon black pepper
3 tablespoons butter	1/4 teaspoon red pepper
1/2 package frozen peas	1/2 teaspoon garlic salt
1 tablespoon lemon juice	salt to taste

Saute onions in butter (heavy skillet) until golden brown. Add meat and spices; cook over moderate heat for 15 minutes. Add tomatoes, peas and lemon juice. Simmer until most of the liquid has evaporated.

SHRIMP CURRY

1 pound shrimp (cooked and shelled)	1/2 teaspoon ground cumin seed
2 large onions sliced	1/4 teaspoon ground black pepper
3 cloves garlic crushed	1/4 teaspoon ground red pepper
1 small can tomatoes	1/4 teaspoon tumeric
2 ozs butter	salt to taste

Melt butter in pot over low flame and add sliced onions and garlic. When onions are golden brown add spices, stir and cook for two minutes. Add tomatoes - with salt to taste - and stir steadily over low flame until water has evaporated. Add shrimp, mix well and cook over low flame for about 5 minutes. For additional sauce add 1/4 cup warm water before adding shrimp.



OVEN KABABS
(Pakistani style hamburgers)

2 pounds lean ground beef	1/4 teaspoon ground ginger
1/4 teaspoon ground cloves	1/4 teaspoon ground red pepper
1/4 teaspoon ground cardamons	1 tablespoon yogurt
1/4 teaspoon ground bl. pepper	1 large onion chopped
1/4 teaspoon ground cumin	salt to taste

Mix all ingredients thoroughly. Form into small balls or flatten into 3 inch patties about 1 inch thick. Arrange on cookie sheet and broil about 3 inches from source of heat. Broil 5 minutes on each side. Four servings. Delicious accompanied by pea pulao and a green salad.

PEA PULAO
(a colorful rice casserole)

1 packet frozen peas	1/4 teaspoon cumin
1 cup rice	2 bay leaves
1 small onion	1 stick cinnamon
4 whole black peppers	2 tablespoons butter or vegetable oil
4 cardamons	1 1/2 cups water
salt to taste	

Saute sliced onion in butter along with spices in a saucepan for five minutes. Add salt, water and rice and cook until about half the water is absorbed by rice. Add frozen peas. When most of the water has been absorbed, place in a covered saucepan and put in oven at 300°F for 15 minutes.

MURGH QORMA
(That different chicken curry)

One or 2 pound chicken (cut into pieces)	1/8 teaspoon ground red pepper
2 large onions sliced	1/4 teaspoon ground tumeric
2 teaspoons ground coriander	1/2 cup yogurt
1/4 teaspoon garlic salt	4 ozs butter
1/4 teaspoon ground ginger	1 bay leaf
	salt to taste

Saute onions in butter until a golden brown. Add 1/2 cup water and all the spices, stir mixture until water evaporates. Add chicken and brown it; then add yogurt and 1/2 cup water. Simmer in covered pan until sauce thickens and chicken is tender. More water may be added if necessary. Four servings. May be served with rice and eggplant in sour cream.

LAMB CURRY

2 pounds of lamb (cut into pieces)	1/2 teaspoon ground cinnamon
2 large onions sliced	3/4 teaspoon ground cumin seed
4 ozs butter	1/4 teaspoon tumeric powder
6 garlic cloves crushed	1/4 teaspoon ground red pepper
1 teaspoon ground ginger	1 tablespoon ground coriander
	salt to taste

Melt butter in large pot; add sliced onion and garlic. Cook until onions are browned, then add remaining spices and saute for 3 minutes. Add lamb and saute for 10 minutes. Add two cups of water. Keep flame low and cook until meat is tender. If needed, add more water.

SEEKH KEBAB
(Pakistani barbeque)

1 pound ground beef	1/2 teaspoon meat tenderizer
1 onion chopped	1/2 teaspoon ground cumin seed
1 green pepper (hot)	1/4 teaspoon ground cloves
2 tablespoon yogurt	1/4 teaspoon black pepper and red pepper
1 slice bread	
salt to taste	

Soak bread in yogurt and make a paste. Combine with onion, spices and meat. Let mixture stand for 1 hour. Mold mixture into elongated balls, thread on skewer and broil until brown.

CARROT HALWA
(Carrots go exotic - in a dessert)

1 pound carrots	2 cloves
1/2 cup sugar	24 almonds
2 tablespoons butter	4 whole cardamon
1 pinch saffron	

Scrape and grate carrots. Cook them in milk on low heat until reduced to paste. In another pan, heat butter, add cloves, cardamons and carrot mixture. Saute until light brown. Add sugar and continue stirring until well dissolved and carrots are golden brown. Add slivered almonds, transfer halwa to a bowl and chill. Serves four people.



FIRNI
(Rice pudding with glamor)

- 1 quart milk
- 1/4 cup long grain rice
- 1 cup sugar
- 1 cup pistachio nuts
- 1/4 cup silver cake dusting

Soak rice in cold water for about 1 hour; heat milk to near boiling point and add rice. Reduce heat, cover and let mixture simmer slowly, stirring occasionally. When mixture begins to thicken, add sugar and mix well. Simmer another minute and remove from heat. When cool, pour into a large bowl, decorating the top with silver dusting and finely sliced pistachios. Chill before serving. Serves four people.

SEEKH KEBAH
(Pakistani barbeque)

- 1/2 teaspoon meat tenderizer
- 1/2 teaspoon ground cumin seed
- 1/4 teaspoon ground cloves
- 1/4 teaspoon black pepper and red pepper
- 1 pound ground beef
- 1 onion chopped
- 1 green pepper (hot)
- 2 tablespoons yogurt
- 1 slice bread
- salt to taste

Soak bread in yogurt and make a paste. onion, spices and meat. Let mixture stand for 1 hour. Mold mixture into elongated balls, thread on skewer and broil until brown.

CARROT HALWA
(Carrots de exotica - in a dessert)

- 3 cloves
- 24 almonds
- 4 whole cardamom
- 1 pound carrots
- 1/2 cup sugar
- 2 tablespoons butter
- 1 pinch saffron

Scrape and grate carrots. Cook them in milk on low heat until reduced to paste. In another pan, heat butter, add cloves, cardamom and carrot mixture. Saute until light brown. Add sugar and continue stirring until well dissolved and carrots are golden brown. Add sliced almonds, transfer into a bowl and chill. Serves four people.

Information Division
Embassy of Pakistan
2315 Massachusetts Avenue N.W.
Washington, D.C. 20008

FACTS ABOUT PAKISTAN

FASHIONS



Contemporary Pakistani styles in dress and jewelry come from traditions founded in the Indus Valley civilization 5,000 years ago.

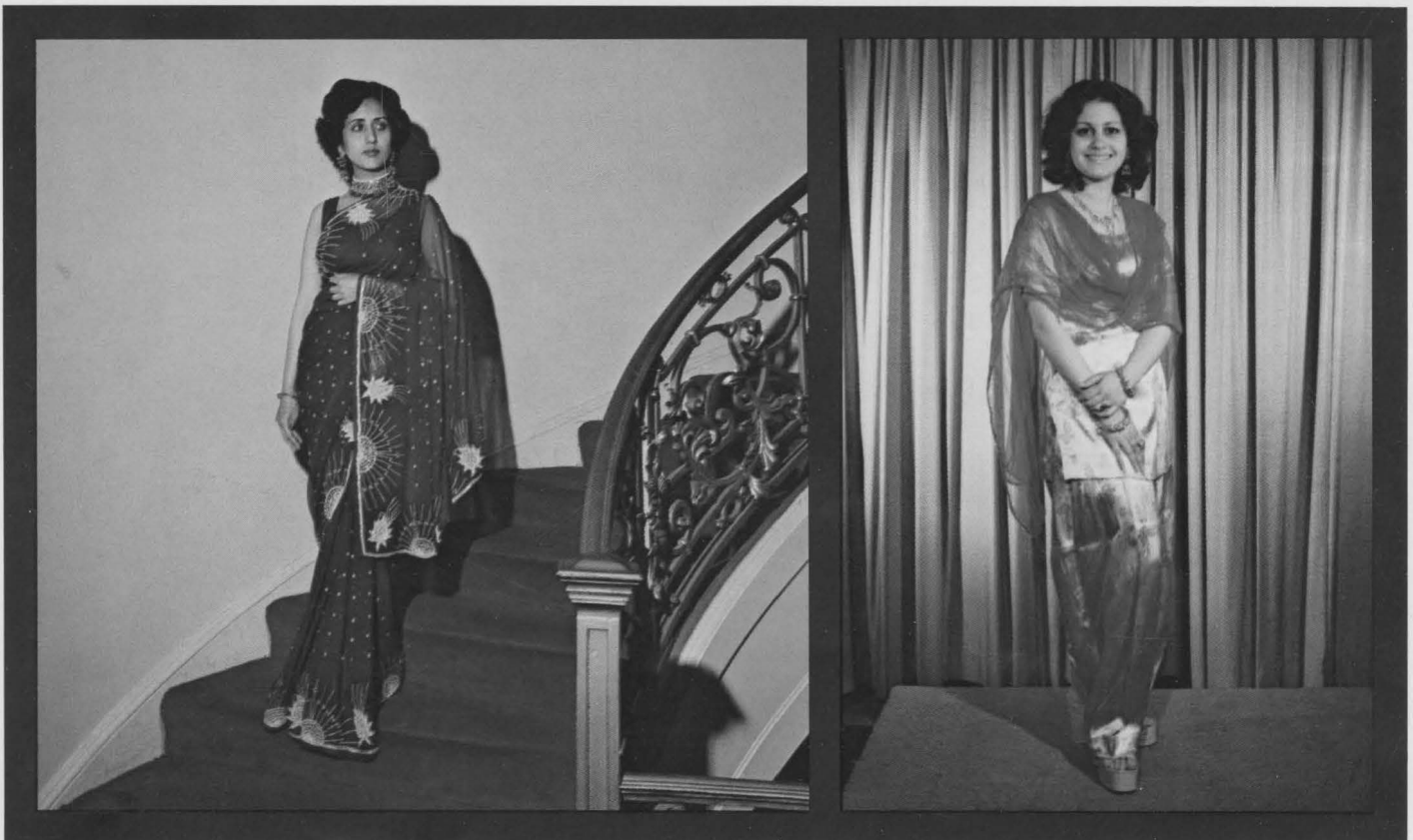
No one knows with certitude why beads and metals came to be worn all over the world. According to one school of thought, prehistoric men felt plain beside brightly plumaged birds. Another is that certain jewels became associated with beliefs and superstitions. For instance the emerald is credited with the power to cool and, therefore, considered good for health and blood pressure. The diamond is identified with courage and the pearl is regarded beneficial for a childbearing woman.

Among Pakistani costumes, the *sari* was the first to evolve. As man learned to weave strips of cloth from cotton, which grew in the Indus Valley, others began to wrap these

strips around themselves. From these evolved the elegant *sari*, the Punjabi *lacha* and the heavily gathered *gharara*.

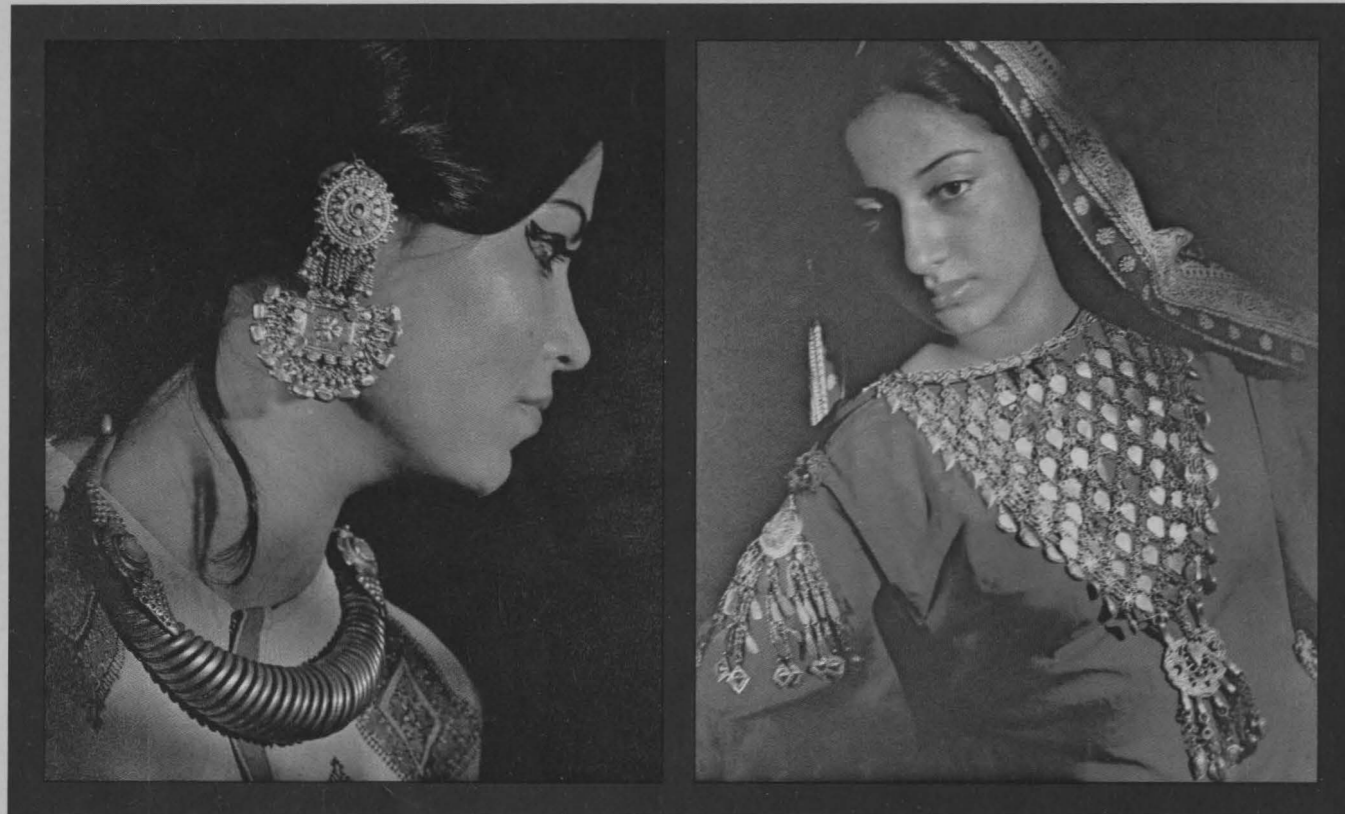
Outside influences are reflected in the evolution of the modern *sari*. Among them are the grace of the toga brought by the invading Greeks under Alexander the Great in the third century B.C.; the *choli* or blouse can be traced to the advent of Islam in the eighth century; and the petticoat is probably the European contribution.

The daytime *sari* is made of cotton or synthetic material. For formal occasions, it is made of silk and embroidered all through with gold or metallic thread with much heavier work on the border and over the *pallu* which drapes over the wearer's left shoulder. A *guluband* (necklace) and *magars* (large filigree earrings) are usually worn with this dress.



For formal occasions—an embroidered georgette sari

For casual wear—the popular shalwar-kameez



Siri, yoke, and jhala are popular in Hazara, NWFP

A Pathan damsel sports a champakali and shalimi

While the *sari* is an indigenous garment, other styles worn in the country came from the Aryans who swept through the Himalayan passes beginning about 1500 B.C. Traces of their baggy pantaloons and long gathered frocks can be seen in today's garments of the four Pakistani provinces of Sind, Baluchistan, the Punjab and the North West Frontier.

The basic style of the Pakistani dress consists of three parts: trousers, tunic and stole. Each region individualizes this standard ensemble and the accompanying jewelry. The three-piece costume is called the *shalwar-kameez*. It is worn in towns and villages alike. The *kameez* is fashioned like a tight fitting western sheath dress or a loose fitting sack. The length of the *kameez* and its sleeves varies as does that of the western skirt. Today's *kameez* is of mid-thigh length and the sleeve is three quarters long. The *shalwar* is the baggy trousers. Its bottoms vary in width. Currently they are narrow.

The material for the daytime *shalwar-kameez* ensemble may be of cotton or man-made fabric. For evening wear, it is made of silk and is richly embroidered in golden thread. Colors may be gay or the traditional muted red, brown and black.

The fabric for the *dupatta* (stole), which is an essential concomitant of this dress, can be muslin, georgette or a gossamer synthetic material. Tie-dyeing is practiced on the *dupatta* throughout the country. Powdered mica mixed with starch is used to add sparkle to fine cotton *saris* and *dupattas*.

Since custom does not permit legs to show, even the modern girl will wear some style of trousers. Bell-bottoms are now in vogue as are the graduated strands of the *sut lara* (seven strings) around the neck of the modern miss.

The *peshwaz* is a formal dress introduced by the Mughal queens. It is still worn in homes on feast days and for performing the *kathak* dance which was developed in the Muslim court at Lucknow.

Tight, ankle hugging *pyjamas* are worn with a full skirted dress of crisp, fine material bordered with heavy silk to add grace to the fall of the skirt. The *dupatta* is draped softly over the head and bosom. Items of jewelry worn with these garments may include the *davani* (jeweled headband), *tika* (round forehead ornament), *jugnu* (pendant necklace) and *jhala* (heavy earrings).

The elegant *gharara* is being revived for such formal occasions as weddings, *Eids* and other festivals or equally special functions.

The ensemble consists of the *gharara* (skirt), *kurta* (tunic) and *dupatta*. The *gharara* is fashioned of 15 to 20 yards of gold embroidered silk and sweeps the floor. The silk *kurta* has long sleeves and is topped by the wispy gold encrusted *dupatta*.

Traditional bridal jewelry consists of the *jhoomar* (elaborate hair ornament), the ornate *karan phul jhumka* (earrings), *guluband* (necklace), *arsi* (mirror ring), *dastband* (bracelet) and possibly a *nath* (nose ring). The Baluchi bride wears a *mohur haar* (necklace strung with coins). For a Punjabi bride the *singharpati* (headband with forehead ornament) and bell shaped earrings called *balas* are a must.

The *lacha*, worn by the peasants of the Punjab, has now made inroads into the wardrobe of the urban miss. It is a brightly colored half-sarong of ankle length made of cotton fabric. It is topped with a loose cotton shirt and an embroidered *dupatta*.

Jewelry worn in the village is usually of silver, copper or brass and of more rustic design. When metal is hard to find glass bangles will do.

In the rugged, arid region of Baluchistan, tribal life has changed little over the centuries. The inhabitants herd their flocks and till the stony soil much as did their ancestors. This ruggedness is reflected in their dress.

The *shalwar* of the Baluchi woman is made from a coarse blue or black cotton fabric. Her cotton shirt is bedecked with embroidery and the *dupatta* is draped low over the forehead and allowed to float behind like a train.

The basic colors of red, yellow and black are popular with the Sindhi women. To offset the drabness of the desert environ, her tunic is heavily embroidered with a multitude of colors and further brightened by the framing of tiny mirrors with the handwork. This type of embroidery is also found in Baluchistan. This attempt to add color to the environment extends to the crafts of lacquered furniture; brightly patterned *khes* fabrics; patchwork *rilli* (quilts); and hand-blocked

A Sindhi village damsel displays bahuin and several challo

Singharpati and balas for the Punjabi bride

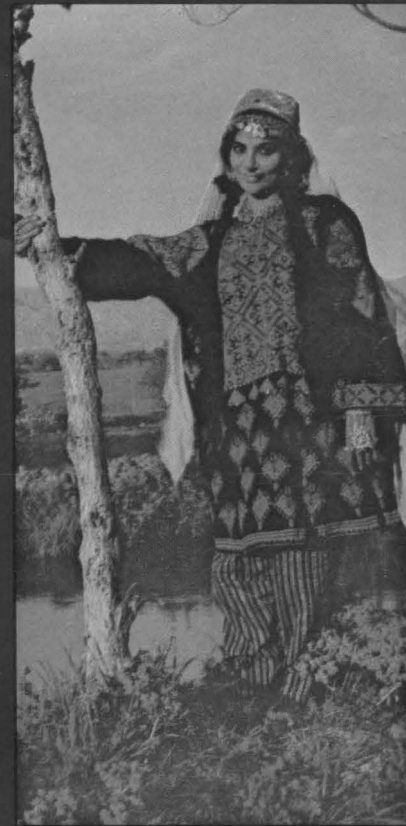




Lacha from the countryside of the Punjab



The lavish gharara, kurta and embroidered dupatta



An elaborately embroidered costume from Kashmir

maroon and blue cotton *ajrak* for which Sind is famous throughout Pakistan.

The Lohana woman of Sind wears a broad fitted bracelet called a *bahuin* on one arm, bangles on the other and several *challo* (rings) on her fingers.

The Pathan tribeswoman tacks metal coins on the bodice of her dress and along the edges of her veil.

Another variation of the basic ensemble is worn by the Pathan woman in the southern opening of the Khyber Pass. The swinging tunic has a long full skirt of heavy handwoven material. The bodice, the sleeve and the hem of the skirt are lined with embroidered geometric designs.

The nomad woman of the North West Frontier Province favors the mock chain armor necklace—a variation of the *champakali*—and often combines it with a *shalimi*, an ornament worn on either shoulder.

The Kashmiri woman adapts the basic three-piece style to the needs of her land of snowy hills and lake-dotted valleys. Her clothes are simple and practical and known for the fine embroidery.

An interesting feature of the *perhan* (Persian for shirt) is the folded sleeves. The sleeves are doubled back for extra protection against the Himalayan cold and there is a narrow slit near the elbow so the wearer can insert her hands for warmth.

The Kashmiri embroidery, *kashida*, is the most exquisite in the country. Unlike the geometric patterns of other regions, the Kashmiri work focuses on flowers, birds, fruits, sunsets and *chinar* leaf motif. The ladies of Kashmir wear a jewelled headress called *kasaba* along with large earrings called *ballahur*.

THE WHITE HOUSE

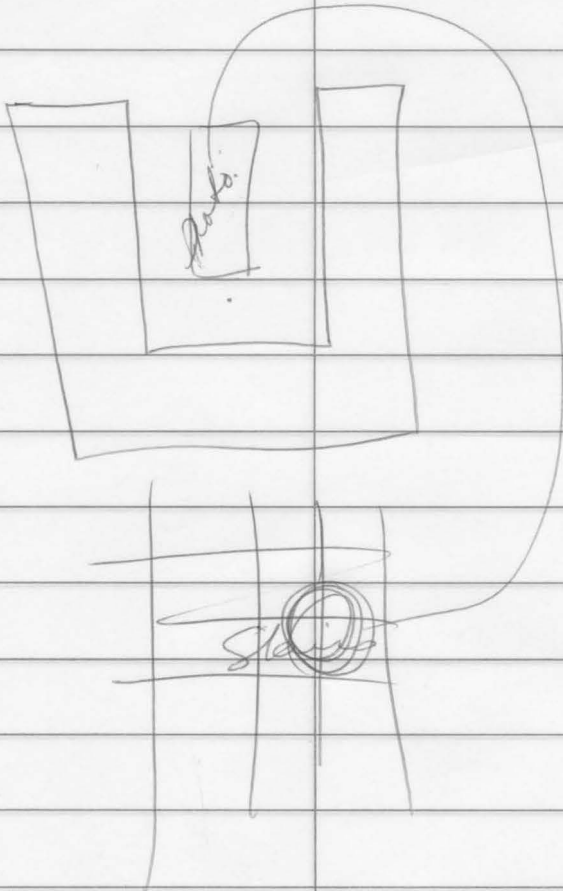
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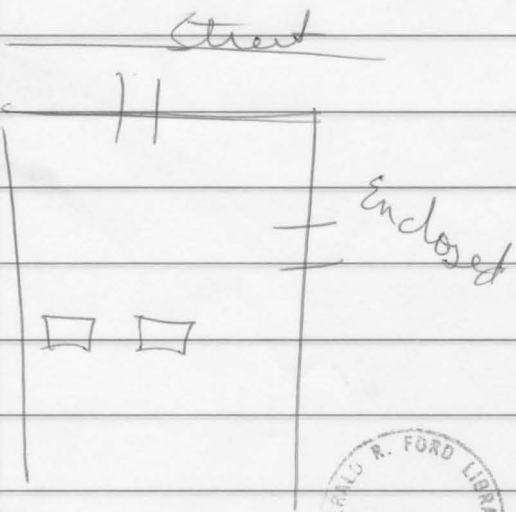
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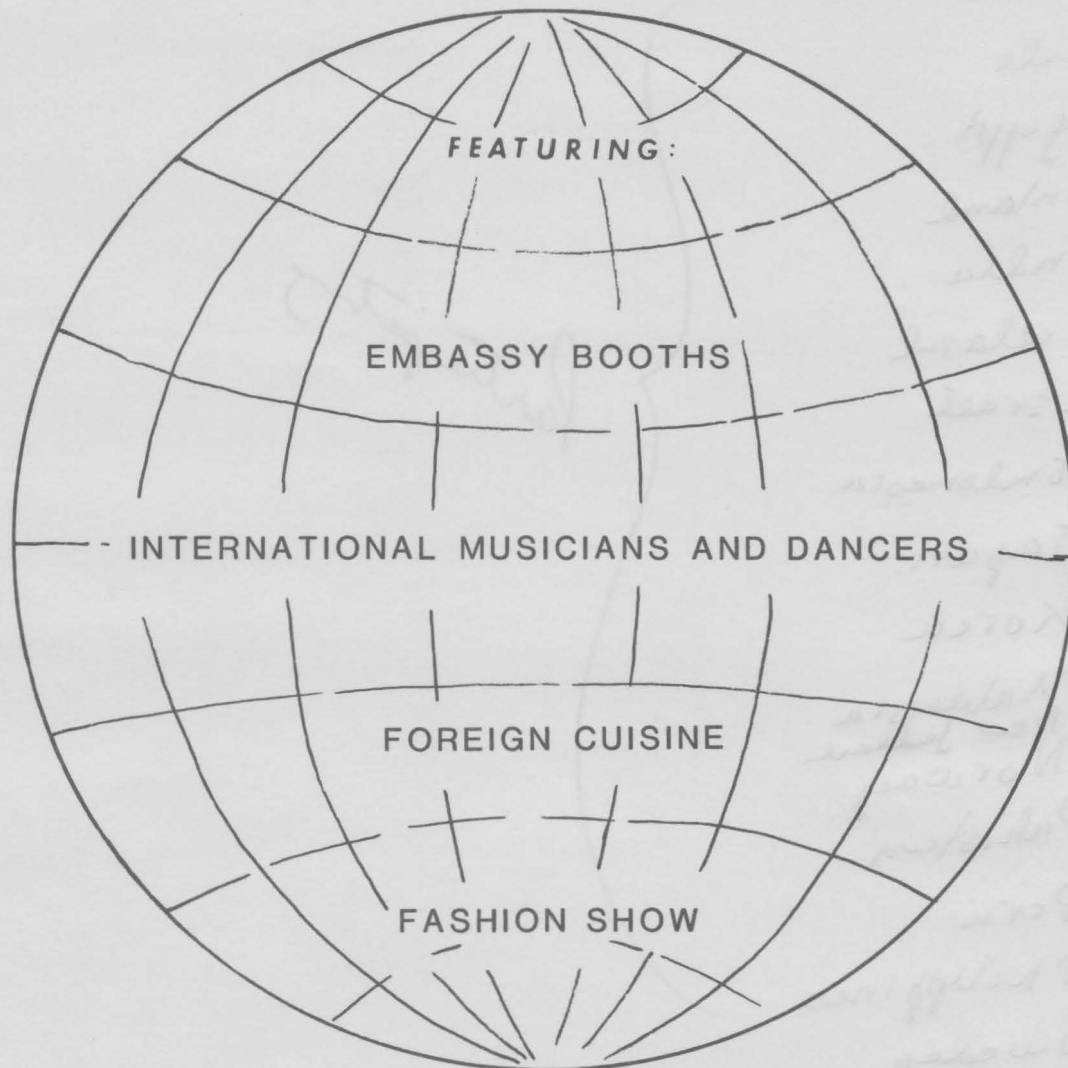
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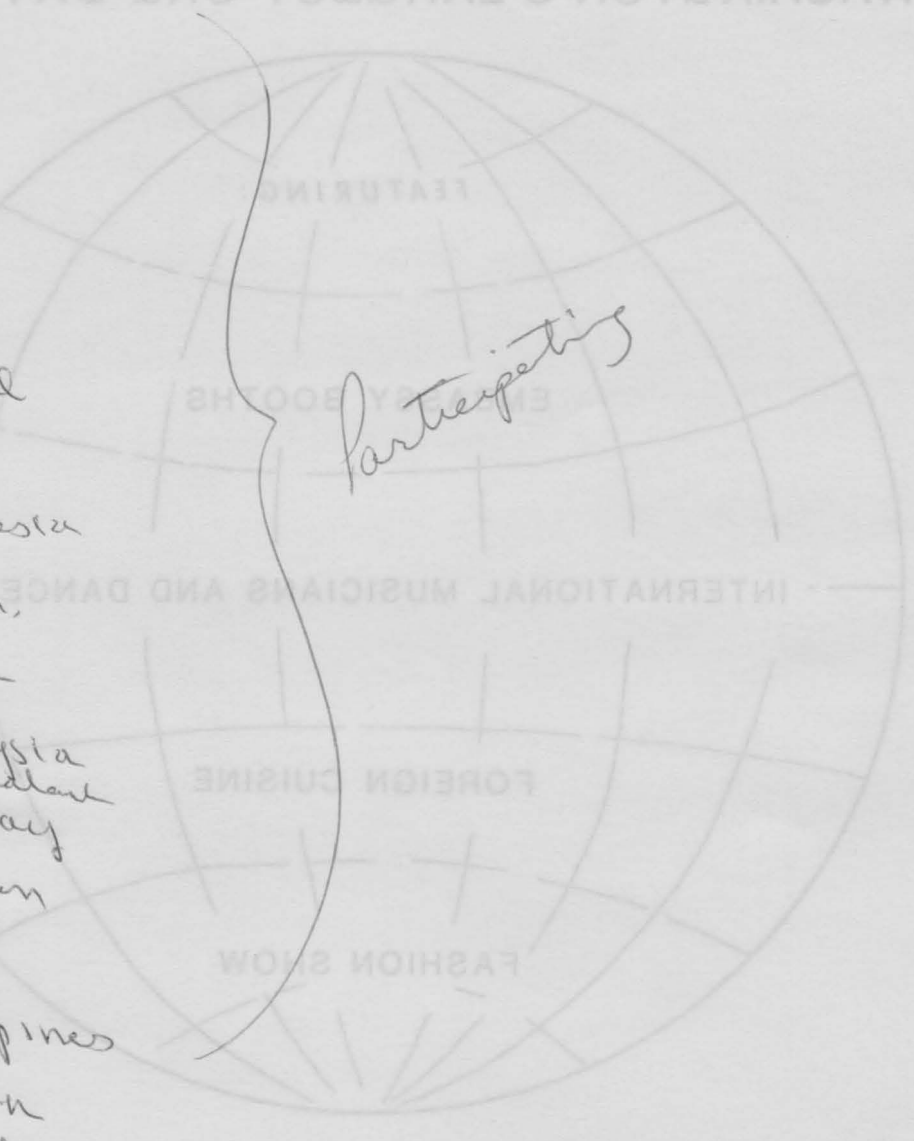
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Wash. Star 11/12/75



—Washington Star Photographer Wellner Streets

Betty Ford looked over Japanese wares with the ambassador's wife, Mrs. Takeshi Yasukawa.

Betty Ford Shops Abroad at Home

By Ruth Dean

Washington Star Staff Writer

Betty Ford went on a round-the-world Christmas shopping trip in 55 minutes yesterday. Didn't have to pay a cent for it either.

Embassy wives tending national booths at the YWCA's 26th International Fair outdid each other in presenting her with distinctive gifts as she toured the